

**Fr. Paul D. Seil, Host Our Daily Bread
Mother Teresa Home**

Guests – Cheryl and David Calire

As seen on "Our Daily Bread" 10/14/2017

"Our Daily Bread" airs every second Saturday at 6:30 a.m. on WKBW Ch. 7

www.odbtv.org 716.847.8730

Eggplant Parmesan

By David Calire

3 large Eggplant
2 large sweet onions (chopped)
3 cans crushed tomatoes
3 Garlic cloves (chopped)
8 large eggs
Grated Romano cheese (1 cup)
1 large container breadcrumbs
Fresh basil (1 cup)
Fresh parsley ((1 cup)
salt (1 teaspoon)
Pepper (1 teaspoon)
Milk (3-4 cups)
Canola oil
Olive oil (virgin, if available)

Procedure 1 : (Eggplant prep)

1. Break 8 eggs into large mixing bowl and whisk until smooth.
2. Add milk and stir
3. Slice eggplant into > 1/2 inch circular pieces (some people prefer to de-skin eggplant to reduce potential bitterness)
4. Add eggplant to egg/milk bath and let soak for 10-15 minutes

Procedure 2 : (sauce prep)

1. Brown chopped onion and chopped garlic in olive oil until translucent
2. Add 3 cans crushed tomatoes
3. Coarsely chop parsley and basil and add to sauce
4. Add salt and pepper to taste
5. Let cook on low heat for 20 min
6. on to next step

Procedure 3 : (breading eggplant)

1. On a large plate or shallow baking dish, place pour our breadcrumbs
2. Add a generous amount of canola oil to a large frying pan and turn heat up to med-high
3. Take eggplant slices (soaked in egg wash) and fold into breadcrumbs until thoroughly covered on each side.

4. Repeat until you have enough breaded slices of eggplant to cover bottom of pan. (Oil should be hot enough to bubble up, but not burn) adjustments to heat can be made during process to ensure even cooking. brown each slice on each side.
5. When a batch is complete, lay each browned slice on paper towels to absorb excess oil
6. Repeat process until all eggplant is done and ready for next step

Procedure 4 : (layering eggplant)
(Set over to bake at 350 degrees)

1. In a large backing pan, place a layer of sauce on bottom
2. Make a layer of eggplant on top of sauce, add a layer of sauce on top and sprinkle a generous amount of Romano cheese
3. Repeat 1 & 2 until you have 3-4 layers
4. Add a few large basil leaves on top, cover with aluminum foil and cook for 45 - 55 minutes
5. Take out of oven, let set for 10-15 minutes
6. Slice up like lasagna....
7. Enjoy !!

Tabouli

By Cheryl Calire

- ½ cup extra-fine bulgur wheat
- 4 firm Roma tomatoes, very finely chopped
- 1 English cucumber, very finely chopped
- 2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
- 2 green onions, whites and green parts, very finely chopped
- Salt
- 3-4 Tbsp. lemon juice
- 3-4 Tbsp. extra virgin olive oil
- Romaine lettuce leaves to serve, optional

Wash the [bulgur wheat](#) and soak it in water for 5-7 minute. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.

Very finely chop the vegetables, herbs and green onions as indicated above. Be sure to place the tomatoes in a colander to drain excess juice.

Place the chopped vegetables, herbs and green onions in a mixing bowl or dish. Add the bulgur and season with salt. Mix gently.

Now add the lemon juice and olive oil and mix again.

For best results, cover the tabouli and refrigerate for 30 minutes. Transfer to a serving platter. If you like, serve the tabouli with a side of pita and romaine lettuce leaves, which act as wraps or “boats” for the tabouli.

Stuffed Hot Peppers

by David Calire

- 12 long hot peppers (cabana)
- 3/4 pound loose Italian sausage or pork
- 1/2 cup breadcrumbs
- 1 1/2 cup cream cheese
- 1/2 cup shredded Romano cheese
- 1 small onion (finely chopped)
- 3 tbs chopped garlic
- 3 tbs virgin olive oil
- fresh basil (chopped fine)
- fresh parsley (chopped fine)

Procedure:

1. Cut stem off each pepper, then cut the long way. Remove all seeds. Set aside in a shallow backing dish slit side up.
2. Combine cream cheese, Romano cheese, and breadcrumbs in bowl, set aside.
3. In a frying pan, brown loose Italian sausage or pork. Make sure it is chopped into small pieces.
4. In a frying pan, saute onions and garlic, in virgin olive oil on medium heat until translucent.
5. Combine browned pork, garlic and onions, with cream cheese and Romano cheese mixture. Add the chopped parsley and basil. Mix thoroughly until all ingredients are evenly distributed.
6. Stuff each peppers with generous amount and place stuffing side up in backing dish.
7. When all peppers are stuffed, drizzle tops of each with olive oil.
8. Cover with tin foil, bake @ 350 degrees for 45 min or until peppers are soft and stuffing is slightly brown on top.

Stuffed Sweet Peppers

by David Calire

- 4 large sweet green, red, or yellow peppers (combination is nice).
- 1 lb. ground beef (85% lean or better)
- 1 1/2 cups long grain rice
- 2 large cans crushed tomatoes
- 1 large sweet onion (vadalia)
- 1 tbs chopped garlic
- virgin olive oil
- salt & pepper to taste

Procedure:

1. Cut sweet peppers in half the long way, remove all seeds and excess bulk. Allow for the largest opening for stuffing. Place opening up in shallow baking dish. Set aside.
2. Place ground beef and small amount of olive oil in pan and chop while cooking on medium

heat. When meat is browned, remove from heat, drain excess liquid, and set aside in large metal mixing bowl. (Metal because mixture is hot)

3. In a large sauce pot, sauté onion and garlic in virgin olive oil on a medium heat until translucent. Stir in the 3 cans of crushed tomatoes, let simmer on low heat. Stir occasionally.

4. combine 1 1/2 cups rice with 3 cups water (add 1 tbs butter if desired) in a small pot and bring to a boil (uncovered). Turn burner to simmer, cover and let cook for 8-10 minutes. Do not overcook.

5. Combine rice and sauce mixture with ground beef in metal mixing bowl. Make sure to mix thoroughly until all ingredients are evenly distributed. Add salt and pepper to taste. Feel free to add any spices you may deem appropriate.

6. Spoon mixture generously into each pepper. Add a small amount of water, 1 tbs of olive oil, and some sauce to just cover bottom of baking dish. Cover baking dish with tin foil and bake at 350 degrees for 50-55 minutes until peppers are soft and mixture is completely absorbed.

7. Take out of oven, let set for 5 minutes, then serve, Enjoy!!